

## ABSTRACT

A method and system of controlling transmit power of a forward link signal between a basestation and a mobile device in a communications network, the  
5 method comprising the steps of: sending a first signal from the basestation to the mobile device, the first signal having a first signal transmit power; receiving the first signal at the mobile device; measuring the first signal for a received signal to noise ratio at the mobile device; sending a second signal from the mobile device to the basestation, the second signal containing information about the received  
10 signal to noise ratio; and setting the transmit power of the forward link signal based on the received signal to noise ratio information and the first signal transmit power, whereby if the received signal to noise ratio is high the setting step sets the transmit power of the forward link signal lower, and if the received signal to noise ratio is low the setting step sets the transmit power of the forward link signal  
15 higher.